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no.
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R U L E S

OF THE

BAND SOCIETIES.

Drawn up December 25, 1738.

***** HE design of our meeting, is to obey
*** T *** that Command of God, *Confess your
faults one to another, and pray one for an-
other, that you may be healed.*

To this end, we intend,

1. To meet once a week, at the least.
2. To come punctually at the hour appointed, without some extraordinary reason.
3. To begin (those of us who are present) exactly at the hour, with singing or prayer.
4. To speak each of us in order, freely and plainly the true state of our souls, with the faults we have committed in thought, word, or deed, and the temptations we have felt since our last meeting.
5. To

5. To end every meeting with prayer, suited to the state of each person present.

6. To desire some person among us to speak his own state first, and then to ask the rest in order, as many and as searching questions as may be, concerning their state, sins, and temptations.

Some of the questions proposed to every one before he is admitted among us, may be to this effect.

1. Have you the forgiveness of your sins ?

2 Have you peace with God, through our Lord Jesus Christ ?

3. Have you the witness of God's Spirit with your Spirit, that you are a child of God ?

4. Is the love of God shed abroad in your heart ?

5. Has no sin, inward or outward, dominion over you ?

6. Do you desire to be told of your faults ?

7. Do you desire to be told of all your faults, and that plain and home ?

8. Do you desire, that every one of us should tell you, from time to time, whatsoever is in his heart concerning you ?

9. Consider ! Do you desire we should tell you whatsoever we think, whatsoever we fear, whatsoever we hear, concerning you ?

10. Do you desire, that in doing this, we should come as close as possible, that we should cut to the quick, and search your heart to the bottom ?

11. Is it your desire and design, to be on this and all other occasions, entirely open, so as to speak every thing that is in your heart without exception, without disguise, and without reserve ?

Any

Any of the preceding questions may be asked as often as occasion offers : the five following at every meeting :

1. What known sins have you committed since our last meeting ?
2. What temptations have you met with ?
3. How was you delivered ?
4. What have you thought, said, or done, of which you doubt whether it be sin or not ?
5. Have you nothing you desire to keep secret ?

D I R E C T I O N S

Given to the

B A N D S O C I E T I E S.

December 25, 1744.

YOU are supposed to have the *Faith that overcometh the world.* To you therefore it is not grievous,

I. Carefully to abstain from doing evil: in particular,

1. Neither to *buy* or *sell* any thing at all on the Lord's Day.
2. To taste no spirituous liquor, *no dram* of any kind, unless prescrib'd by a physician.
3. To be *at a word*, both in buying and selling.
4. To *pawn nothing*, no, not to save life.
5. Not to mention the *fault* of any *behind his back*, and to stop those short that do.
6. To wear no *needless ornaments*, such as rings, ear-rings, necklaces, lace, ruffles.

7. To

7. To use no needless self-indulgence, such as taking snuff or tobacco, unless prescribed by a physician.

II. Zealously to maintain good works ; in particular,

1. To give alms of such things as you possess, and that to the uttermost of your power.

2. To reprove all that sin in your sight, and that in love, and meekness of wisdom !

3. To be patterns of diligence and frugality, of self-denial, and taking up the cross daily.

III. Constantly to attend on all the ordinances of God : in particular,

1. To be at church, and at the Lord's table every week, and at every public meeting of the bands.

2. To attend the ministry of the word every morning, unless distance, business, or sickness prevent.

3. To use private prayer every day, and family prayer, if you are the head of a family.

4. To read the scriptures, and meditate thereon, at every vacant hour. And,

5. To observe, as days of fasting or abstinence, all Fridays in the year.